

JEOPARDY GAME

Do You Know the Best Foods for You?

- 1.** Deer, moose, and caribou are more greasy than other meats?

☐ YES

☐ NO

No. These native meats are less greasy and are healthier for you.

- 2.** Red salmon and halibut are less greasy than hamburger and fried pork chops?

☐ YES

☐ NO

Yes. Red salmon and halibut are less greasy than hamburger and pork chops.

- 3.** Bacon, hot dogs, and sausages are greasy meats?

☐ YES

☐ NO

Yes. These are very greasy meats. Eat less of them.

- 4.** Skim and low-fat milk are better for you than whole milk?

☐ YES

☐ NO

Yes. Skim and low-fat milk are healthier for you. They contain less fat than whole milk.

- 5.** Cookies, cakes, and pies have fat?

☐ YES

☐ NO

Yes. Most of these have lots of fat.

- 6.** Potatoes, seaweed, and apples have fiber in them?

☐ YES

☐ NO

Yes. These foods have fiber and are healthier for you.

- 7.** Berries and oranges are healthy for you and have vitamin C?

☐ YES

☐ NO

Yes. Berries and oranges have vitamin C and are healthy for you. Eat them often.

- 8.** Cabbage and carrots may help to prevent cancer?

☐ YES

☐ NO

Yes. Eat them often. They are healthy for you.

- 9.** Eating five fruits and vegetables a day is healthy for you?

☐ YES

☐ NO

Yes. Eating five fruits and vegetables a day is healthy for you and may help cut down on your chances of getting certain types of cancer.

IF YOU GOT:

0-3 Correct: Watch Out! You need to know more about how to eat right. What new healthy foods will you eat?

4-6 Correct: Not Bad! Take a hand out or call the number on the back of this quiz to learn more.

7-9 Correct: Good Job! You know the best foods to eat.

JEOPARDY GAME

Do You Know the Best Foods for You?

1. Q. Why should I eat less fat?

A. Doctors believe that:

- Eating less fat may lower your chances of getting certain types of cancer.
- Eating less fat may also help you to control your weight and lower your chances of getting heart disease.

2. Q. Where is the fat?

A. Visible fat is fat that you can see, like the untrimmed fat on meat. A lot of the fat we eat is there because it has been added, like when we use oil or lard in cooking.

Hidden fat in foods is not easy to see or take out. Some examples of foods that have a lot of hidden fat in them are:

- Whole milk
- Cheeses, such as Cheddar and American
- Nuts
- Potato chips
- Bacon
- Hot dogs
- Sausage
- Canned meats, such as ham

Try eating less of these.

3. Q. Why should I eat foods that have a lot of fiber?

A. Doctors believe that eating foods that have lots of fiber may cut down on your chances of getting certain types of cancer.

4. Q. What foods have fiber?

A. Fiber is found in foods that come from plants. Try eating more of these foods.

Some high fiber fruits are:

- apples
- prunes
- blueberries
- cranberries
- salmonberries

Some high fiber vegetables are:

- potatoes
- dried beans
- sour dock
- willow leaves
- seaweed

Some high fiber whole grains are:

- whole wheat bread
- brown rice (Minute Rice)
- bran cereals
- popcorn

5. Q. Why is it healthy to eat five fruits and vegetables every day?

A. Fruits and vegetables have lots of vitamins and minerals and other things. They may help to cut down on your chances of getting certain types of cancer.

It is a good idea to eat different kinds of fruits and vegetables.

Fruits and vegetables have fiber and are low in fat.

Alaska Natives

"Jeopardy" Game/Tip Sheet

Reading Grade Level: Game: 2

Dimensions: Game Board: 30" x 40" TipSheet: 8.5" x 11"